



HIGHLIGHTS

- Need a ride? Van Transportation & Taxi Ride Service Available for Stow Residents, p. 2 & 4
- Get out of the heat! Come in to play games in the AC. Check out Mahjong, Poker, Chess, Pool, p. 3
- Yoga, every Friday at 8:50 am, only offered virtually in July, p. 3
- Zumba Gold only offered on Thursdays in July from 9:30 – 10:30 am, p. 3
- Do you say “What” often? Book an appointment at our Free Hearing Clinic, July 6, p. 5 & 6
- Blood Pressure Clinic with Town Nurse, July 6, p. 5 & 6
- Have Questions About the Stow Cemetery? People Are Just Dying to Ask! July 20, p. 5 & 6
- Are you Turning 65 in 2022? Book your appointment with a SHINE counselor, p. 5
- Want to Keep Your Brain Active? Chess Anyone? Wednesdays, 1 pm, p. 6
- Meal Site Special Meal, July 5, p. 6
- Ice Cream Social, July 13, p. 6
- Veterans Social, July 19, p. 6
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HAPPY INDEPENDENCE DAY!

COA WILL BE CLOSED - Monday, July 4th

Don't forget to preregister for all COA activities!

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STOW COUNCIL ON AGING

Pompositticut Community Center • 509 Great Rd. Stow, MA 01775

Hours: Monday – Friday 8 am – 3:30 pm

E-mail: coa@stow-ma.gov

Tel. # 978-897-1880

Council on Aging Staff

Alyson Toole, Executive Director
Martha Shea, Outreach Coordinator
Kathleen Surdan, Outreach Worker
Gigi Lengieza, Transportation/Volunteer
Coordinator and Office Manager
Dave Ashman, FT Van Driver/Dispatch
Chris Schuch, PT Van Driver
Jamie Moulton, On call Van Driver

COA BOARD MEMBERS

William Byron, Chair
Ruth Delmonico, Secretary
Charlie Aaronson, Member
Jeanne Genereux, Member
Susan Matatia, Member
Kathy O'Brien, Member
VACANT, Member
Al Arthur, Associate
Brian Burke, Associate
Rep. Kate Hogan, Associate
Jessica Moriarty, Associate
June Thall, Associate

**COA BOARD
MEETING –
MONTHLY
2nd THURSDAY
AT 10 AM
NO MEETING IN
JULY**

Website: www.stow-ma.gov

Fax # 978-897-0486

Mission Statement

The Town of Stow Council on Aging is here to provide support to those age 60+, by being a resource of information on elder affairs, providing social activities, outreach services, and helping people remain in their homes as long as safely possible.



SUGGESTIONS WELCOME!

There is a suggestion box in the lobby of the Pompositticut Community Center.

Transportation Services

Our Transportation Policy is available on our website. Specific questions regarding transportation services should be directed to the Transportation Coordinator at 978-897-1880 between 8 am and 12 pm Monday through Friday. More information on page 4. Important policy items are highlighted below:

- All passengers are required to wear masks at all times while riding on the van.
- We provide van service to Stow residents 60+ and those with disabilities.
- **All van reservations must be made by calling the COA between 8 am and NOON at least 24 business hours in advance and speaking with the Transportation Coordinator (do not leave a voice mail message).** For example, a ride for Monday must be booked by noon on Friday.
- Pick-ups start at 8:30 am, with the last pick-up to return home no later than 2:30 pm weekdays.
- Our service area (originating from Stow) is Acton, Bolton, Boxboro, Harvard, Hudson, and Maynard. Transportation for medical appointments is provided to Concord, Marlboro and Sudbury.
- Clients must be able to see or hear the van when it arrives and should be ready 15 minutes before the estimated pick-up time.
- Individual non-medical trips will be scheduled around medical appointments.
- VAN FARE: Stow only: \$2; Out-of-Stow: \$3 Meal site, Food Pantry, COA Office: FREE.
The Town of Stow would like to minimize cash transactions. When at all possible, we prefer that you pay by check payable to the Town of Stow. These payments can be given to the driver daily, weekly, or monthly. If you feel you have difficulty paying this fee, please contact a member of the COA Outreach staff for a confidential discussion.
- Volunteers may be available for **medical appointments** outside of service area/business hours.
Advanced Notice - One week minimum required!
- “Go Stow” – third party ride is available for eligible residents to medical appointments. Some restrictions apply. Reservations must be made 48 hours in advance by calling the COA (978) 897-1880, Mon. – Fri. between 8 and 12 noon. See more details on page 4 regarding this taxi service.

RULES FOR COA IN-PERSON CLASSES

- Pre-registration required. Sign-up starting on the 15th of the month for the following month; online at <https://myactivecenter.com>, in person or by calling the COA at (978) 897-1880.
- No drop-ins. Attendance is limited.
- Stow residents only for in-person classes. Non-Stow residents virtual if space.
- All classes with a fee must be paid in advance.

LOOKING TO PLAY SOME GAMES?

- **NEW Chess – Wednesdays, 1 pm, FREE.**
- **Mahjong - Instructor Susan Choyce, Fridays, 1 pm, FREE.**
- **Poker Games - Tuesdays, 1 pm, FREE.**
- **Pool/Billiards - Thursdays 1 pm, FREE.**

EXERCISE CLASSES

Qigong: In Person and Via Zoom! FREE. Instructor: Carolyn McDonald, Mondays, 8:50 am. Come join us for gentle movements that help with balance, breathing and energy. The Qi Gong exercises support a self-healing process through relaxation and the reduction of stress in mind and body.

Senior Fitness: In-Person only! CLASS FEE: \$3, Instructor: Terri Zaborowski Mon., Wed., Fri., 10 am. Have fun as you move to the music with this safe, heart-healthy class which uses low-impact movements. Then work on building your muscle strength and flexibility with exercises using handheld weights in both standing and seated positions. Finish with a 5-10 min. full body stretch and relaxation segment. **No Classes July 8-16.**

Stretch & Flex: In-Person only! CLASS FEE: \$3, Instructor Terri Zaborowski Mon., Wed., Fri., **NOTE NEW TIME: 11:15 am.** This class is designed to help seniors maintain strength, flexibility, and independence with both standing and seated exercises using resistance bands (provided by the COA). Start with a warm-up to music moving the body and joints through their full range of motion without resistance. Proceed to strengthen the muscles using resistance bands with various upper and lower body exercises. Finish with a relaxation and full body stretch segment designed to lower the heart rate, relieve stress, increase flexibility, and leave feeling great! Entire class is done seated or standing. **No Classes July 8-16.**

Yoga: Only Via Zoom in July! CLASS FEE: \$3. Instructor: Terry Kessel Myers Coney, Fri. 8:50 am. A gentle modified yoga class incorporating breath, posture, and movement to relax and open the flow of energy in the body. Class begins with gentle warm-ups, continues with postures or asanas, of which many are done sitting on or using chairs for support, and ends with a guided relaxation.

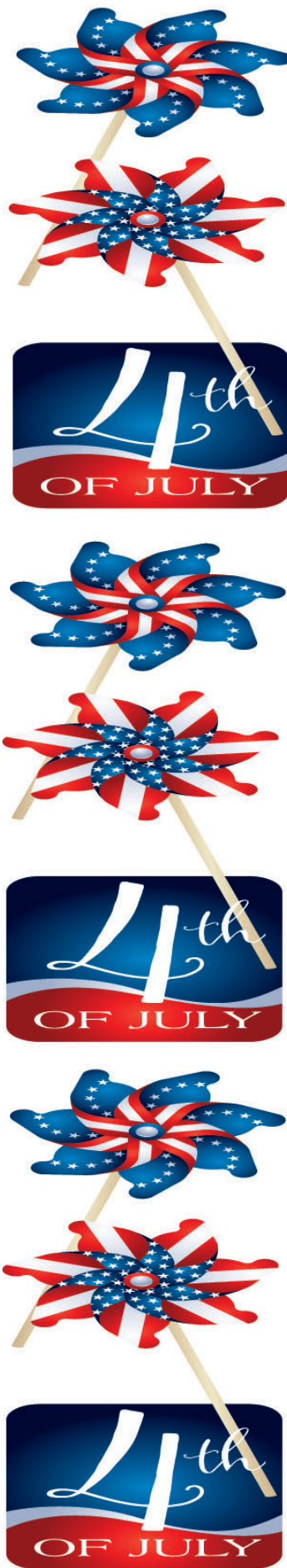
Zumba Gold: In-Person and Via Zoom! CLASS FEE: \$3. Please note: No Classes on Tuesdays for July. Thursdays only, Note: New Time for July: 9:30 am, led by Yachun Lin. An easy-to-follow program that lets you move to the beat of fun, energizing music at your own speed. The instructor will facilitate this by providing examples of lower and higher intensity variations on the movements so that a variety of fitness levels can get a good AND safe workout. Zumba Gold® has been shown to improve cardiovascular and muscular endurance, range of motion, posture, and balance. Zumba Gold® is a party like dance fitness program with music from around the world. It is gentle to the joints and fun! **No class 21, 23, 28 & 30.**

CREATIVITY CLASSES

Art Class (Open Studio): Mondays, 9:30 - 12 Noon, FREE, All levels welcome.

Quilting Class: Tuesdays, 9 - 12 Noon, FREE, All levels welcome.

Projects For Purpose: Wednesdays, 9 - 12 Noon, FREE, All levels welcome.





SUMMER HEAT - COMMUNITY CENTER - COOL OFF!

July is typically the hottest month of the year, so please take precautions. Avoid sun exposure from 10-2 when the sun is extreme, wear sunscreen of at least 30 SPF when outdoors. A hat and light-colored clothing are preferable. Drink plenty of water to avoid getting dehydrated. We welcome anyone seeking relief from the heat to stop by the air-conditioned community center. Feel free to read, watch TV or do a puzzle. We are open from 8-3:30 Monday thru Friday.

FREE TAXI RIDE PROGRAM FOR ELIGIBLE STOW RESIDENTS FOR MEDICAL APPOINTMENTS

You must meet eligibility requirements. Reservations must be made 48 hours in advance. Visit: tinyurl.com/gostowtaxi or call Gigi Lengieza, COA Transportation Coordinator, at 978-897-1880 x28 between 8 am - 12 noon for more info.

OUTREACH SERVICES AVAILABLE

Information and Referrals, Home Care Options, Advocacy, Food, Fuel Assistance, Technology assistance, and much more! Call the COA at (978) 897-1880 and ask to speak with Outreach staff to book your appointment.

COMMUNITY SERVICES COORDINATOR

Brian O'Sullivan, LICSW, is available to provide information, make referrals to various programs and agencies for all ages. Call 978-897-2638 or Email: townsocialworker@stow-ma.gov, Mon., Wed., Thurs., 9 am – 2 pm.

JOE JACOBS, VETERANS' AGENT AVAILABLE

Joe is at Pompositticut Community Center every Tues. 9-11. Call him at 978-290-0278 or e-mail veteransofficer@Stow-MA.gov. Don't forget the Veterans Social Hour, the 3rd Tues. of every month at 10 am.

SHARE YOUR TALENTS WITH THE COA!

Do you have some time to spare? Do you like helping others? Volunteers are needed to assist in many different areas. We could use help at our reception desk, food program, office computer projects, event planning (selecting places to visit, restaurants, movies, etc.) event set up/clean up, decorating, electronic device tutoring, etc. Please become a COA Volunteer! Contact Gigi, our COA Office Manager, Volunteer and Transportation Coordinator at (978) 897-1880 X28 or email: coordinator@stow-ma.gov.

TECHNOLOGY HELP

Is new technology driving you crazy? Want some help? The COA is here for you! Call the COA and speak with the Outreach staff to connect you with a technology volunteer.

ARE YOU IN NEED OF ASSISTANCE?

24 hours a day, 7 days a week – Staffed by counselors to provide resource information, including housing & rental assistance, childcare options, and mental health resources. Just dial 211. All calls are free and confidential.

WELLNESS WEDNESDAYS (SEE PAGE 6 FOR DETAILS)**BLOOD PRESSURE CLINIC:** Wednesday, July 6, 10am–12Noon, FREE.**HEARING CLINIC:** Wednesday, July 6, 9:30 - 11:30 FREE**HAVE QUESTIONS ABOUT STOW CEMETERY?** Wed., July 20, 10 am**SHINE (Serving Health Insurance Needs of Everyone)**

Are you on Medicare or eligible for Medicare and have questions? If so, SHINE offers one-on-one counseling and assistance to people with Medicare and their families. The SHINE program provides unbiased, accurate, up-to-date information on health benefits, including Medicare A & B covered services, prescription drug options and Medigap insurance plans. Schedule your private consultation with our Shine Counselor who is at the COA on Mondays from 10:30 am – 12:30 pm. Book your appointment by calling (978) 897-1880.

MONTHLY SHINE ARTICLE

By Michael Matatia, Stow SHINE Counselor

Question: I have used SHINE and it has been extremely helpful in providing me with information to make the best Medicare decision. Are there other services that SHINE provides?

Answer: While SHINE's focus is assisting clients with Medicare choices, we do screening for other services as well. There are many programs in Massachusetts that can help with some of your medical costs. Many of these are based on your income and asset levels. Here are just a few programs we screen for: MassHealth (various varieties), Prescription Advantage, Health Safety Net, to name a few. We also provide information on sources for other service such as dental. We work closely with other town resources to make sure you can get access to services that you qualify for.

If you have questions about Medicare or the enrollment process, call Medicare (1-800-MEDICARE) or the Stow COA to arrange a meeting with the SHINE counselor.

TOWN NURSE

Tamara Bedard, RN from Nashoba Associated Services is available Monday through Friday 8:30-4:30 by phone at 978-772-3335 X340. Also, a nurse will be available at the Blood Pressure Clinic.

FREE WORK OUT - EXERCISE CIRCUIT ROOM

Work on strength training on hydraulic machines to improve muscles and cardio. Open Mon-Fri. 8 am - 3:30 pm. If you have never used the equipment before, please contact Outreach to schedule a training with the Recreation Director, Laura Greenough, to learn how to safely use the exercise equipment.

NEED DURABLE MEDICAL EQUIPMENT?

We have a variety of gently used equipment available to Stow residents on a first come, first served basis. To borrow (for short-term use only), return or donate, please call first (978-897-1880) to make arrangements.



EVENTS/TRIPS POLICY

Sign up opens the 1st of the month! If you plan to attend an event at the COA, you must:

- Pre-register at <https://myactivecenter.com/>, in-person or by calling (978) 897-1880 before the sign-up deadline.
- If you need a ride, don't forget to book it!
- If there is a cost, payment must be made prior to class/event.
- If we do not have a minimum of 5 attendees for an event and 7 (seven) paid attendees for a field trip, the event will be cancelled.
- Stow residents only

MEAL SITE SPECIAL LUNCHEON

Day & Time: Tuesday, July 5, 11:30 am

Cost: Free (paid by SFCOA) **Limit:** 24

Sign up by: 6/30 by noon (Early sign up ok)

To order your meal call Minuteman Senior Services at (781) 221-7048.

Come join your friends and meet new people. Meal description is on page 11.

HEARING CLINIC

Day & Time: Wed., July 6, 9:30 - 11:30

Cost: Free **Sign up by:** 7/5 by 12 Noon

Michael Drennan, Board Certified specialist from Roger's Hearing Solutions will provide hearing evaluations. Please call COA to book an appointment. This is always on the 1st Wednesday of the month, so plan accordingly.

BLOOD PRESSURE CLINIC

Day & Time: Wed., July 6, 10 am – 12 Noon

Cost: Free

Sign up by: 7/5 by 12 noon

The Town Nurse will be available to take your blood pressure and answer any questions that you may have. This is always the 1st Wednesday of the month, so plan accordingly.

CHESS ANYONE?

Day & Time: Wednesdays, 1 pm.

Chess is a great activity for keeping the brain active and for fun times with friends. All levels welcome! Please sign up.

ICE CREAM SOCIAL

Day & Time: Wednesday, July 13, 1 pm

Cost: Free **Sign up by:** 7/8 **Limit:** 30

I scream, you scream, we all scream for ice cream! Get out of the heat and cool off with some ice cream and lots of toppings! What better way to connect with friends than over ice-cream on a hot summer day?

VETERANS SOCIAL

Day & Time: 3rd Tuesday, July 19, 10 am

Cost: Free **Sign up by:** 7/15 **Limit:** 30

Meet other Veterans in a welcoming casual atmosphere. Open to Stow veterans of all ages.

HAVE QUESTIONS ABOUT THE STOW CEMETERY?

Day & Time: Wed., July 20, (3rd Wed.) 10am

Cost: Free **Sign up by:** 7/18

Robb "GH" Gledhill, Cemetery Superintendent, is available at the Pompositticut Community Center to answer your Cemetery and Burial concerns. Call the COA to book a private half hour consultation.

FARMERS' MARKET COUPONS AVAILABLE FOR ELIGIBLE STOW SENIORS

Do you enjoy the fresh fruits and vegetables available during the summer? Are you a fan of local farmers' markets? Minuteman Senior Services provides coupon books for eligible Stow seniors to purchase \$25 worth of fresh produce, honey, and herbs. Call Kathleen at the COA to inquire about receiving coupons. (A limited number are available, so don't delay!)

SUPPORT OUR SPONSORS

Check out our ads in this newsletter and support our sponsors. Please let them know that you saw their ad in this newsletter so that they will continue to support us.

ISLES OF SHOALS

Boat Cruise/Island Tour, Portsmouth, NH

Day & Time: Thursday, July 21, 9 am

Cost: \$40 for van, cruise, and optional tour

Sign up by: 7/8 **Limit:** 14

Enjoy a narrated Isles of Shoals and Portsmouth Harbor Tour with bonus of a guided walking tour on Star Island! You'll hear the fascinating history and lore of Portsmouth Harbor covering 10 miles of river and ocean out to Star Island, one of the first footholds for settlement in the new world. Bring hat, sunscreen, bag lunch and water and wear comfortable shoes. (Time in NH is approximately four hours.)

LUNCH BUNCH WOODMAN'S OF ESSEX

Day & Time: Monday, July 25, 10:15 am
departure from COA

Cost: \$5 for van, bring cash for lunch

Sign up by: July 19 **Limit:** 14

Craving clam chowdah or lobster? Haven't had your fried seafood fix yet this summer? Come enjoy a classic New England seafood lunch at this award-winning destination restaurant that's been in business since 1914. (Venue is wheelchair accessible and has full bar.)

MONTHLY MOVIE MATINEE Captain Fantastic

Day & Time: July 28, 1 pm

Cost: Free **Sign up by:** 7/25 **Limit:** 20

Rating: R 2016 Drama/Indie **Length:** 1h 58m

Ben Cash (Viggo Mortensen), his wife Leslie and their six children live deep in the wilderness of Washington state. Isolated from society, Ben and Leslie devote their existence to raising their kids -- educating them to think critically, training them to be physically fit and athletic, guiding them in the wild without technology and demonstrating the beauty of co-existing with nature. When Leslie dies suddenly, Ben must take his sheltered offspring into the outside world for the first time.

INTERESTED IN GENEALOGY?

This group has taken the months of July & August off. See you on September 27th.

PROJECTS FOR PURPOSE

For those of you who have not attended the P4P group we want you to know what you are missing. The group is about to make a second donation of Blankets to Sleep in Heavenly Peace and their first donation of 40 pillowcases to Day Dreams, Cape Cod, an overnight camp for children with severe medical issues. The COA wants to express how proud we are to have this group created and meeting here. It's not too late to get involved! In July the group will be making more pillowcases and children's quilts for local EMS services to hand out during trauma related incidents. Kudos to this great group of volunteers. See page 3 for date & time information.

HEALTHY HABITS SUPPORT GROUP

This monthly support group will be taking July and August off. Please join us in September.

PLEASE REGISTER FOR ALL COA EVENTS

If you plan to attend an event at the COA, please sign up by the deadline or prior to the class. Knowing how many are attending is crucial information for planning purposes. Knowing who is attending is also necessary if we need to contact you about changes or a cancellation. The activity rooms at Pompo are in high demand, so there needs to be a minimum of 5 participants to hold an event. Thanks!

NEED TRANSPORTATION FOR AN EVENT

In addition to signing up for an event. If you require transportation from your home to the COA, you must contact the Transportation Coordinator Monday – Friday 8 am – 12 Noon at least 24 hours in advance to book your ride.

THIS MONTH'S GUEST INTERVIEW: TOM VALES

Where did you grow up? In Stamford, Connecticut. My father worked for Conde Naste publications. Things were changing in the printing industry. My father found a job in Clinton. He went back and forth on weekends, sleeping on a cot in the plant Monday through Friday. That's rough, especially in the winter. That wears on you. But he loved his job and was well thought of. After a year and a half, we moved to Stow. I found when I got here that I already had my 9th grade Massachusetts learning in 8th grade. But they wouldn't put me ahead due to the English requirement. I had a good time in school. I went to an international science fair in Dallas. I will never forget one time in high school being in the gym on the bleachers. This gentleman had come from the heart association to give awards. He started with a preamble that said, "When I see the care and dedication that someone like Mr. Vales takes..." I got a standing ovation. I was embarrassed as heck.



Were you always interested in science? I had a workbench when I was four. My father bought me an electric drill when I was six. I was fixing the household appliances. I was taking things apart. However, some didn't get put back together right, as my mother found out with the vacuum cleaner! When other kids were buying comic books, I was buying Popular Electronics and Electronics Illustrated. I was pretty much into academia, not sports, getting straight As. In 5th grade I brought home a full-size bowling pinball machine. I saw it across the street on my way to school. I went home and suckered a friend and his mother into helping me bring it home in a wagon after taking the legs off it. That was great. I went to WPI for two years. I left due to extenuating circumstances. In 1969 I got my first job in a machine shop and did machining and electronics testing. I'm sort of like an all-in-one technician. I can figure out how it works. If it's busted, I can make parts. I like doing that. My last job I was an electrical engineering lab coordinator at a college. I was there for about 12 years. In the program every student needed to complete a senior project. I had students over here and taught them machinery, assembly. One student was here every weekend. I had one young lady who was the only one who wanted to learn to use a lathe. She was a little bit of a thing, but no one will ever put anything over on her, ever. She came out here and studied various things. I turned her loose and ended up challenging her to make a chess piece. I did lectures at schools and colleges, service groups like the Boy Scouts. Teaching is rough. With good students, that's great. But you are sometimes going to get kids who don't want to work. I sound just like my father. If only he could hear me.

What are you doing now? I belong to a couple organizations. One is The Rock Club in Littleton. We collect rocks and are into geology and go on field trips. In a quarry in Rhode Island, I found a piece of asbestos growing in rock. I fixed clocks for a while, about nine years. At one point I sold all my clocks and all my tools. But now I have a lot of clocks again. I have been commissioned to make things. I got my Ham radio license. I collect minerals. I'm thinking about how to do You Tube. I need to find out what cameras are needed. I know I could do it. Everything's online these days.

How long have you been in your home? Since 1977.

How's your health? I had colon cancer a year and a half ago. They caught it early. It didn't spread. I will never laugh at having colonoscopies.

Any final thoughts? It's not a bad life, really, but sometimes it's a bit wearing.

July 2022

Monday	Tuesday	Wednesday	Thursday	Friday
				1 8:50 Yoga (virtual only) 10:00 Senior Fitness 11:15 Stretch & Flex 1:00 Mahjong
4 Closed in observance of the 4th of July	5 9:00 Quilting 11:30 SPECIAL Meal at Meal Site 1:00 Poker	6 9:00 Projects for Purpose 9:30 Hearing Clinic 10:00 Blood Pressure Clinic 10:00 Senior Fitness 11:15 Stretch & Flex 1:00 Chess	7 9:30 Zumba Gold 11:30 Meal Site 1:00 Billiards/Pool	8 8:50 Yoga (virtual only) 1:00 Mahjong
11 9:30 Open Art 10:30 SHINE	12 9:00 Quilting 10:00 SFCOA Board Meeting 11:30 Meal Site 1:00 Poker 2:00 S.A.I.L.	13 9:00 Projects for Purpose 1:00 Ice Cream Social 1:00 Chess	14 9:30 Zumba Gold 11:30 Meal Site 1:00 Billiards/Pool	15 8:50 Yoga (virtual only) 1:00 Mahjong
18 8:50 Qi Gong 9:30 Open Art 10:00 Senior Fitness 10:30 SHINE 11:15 Stretch & Flex	19 9:00 Quilting 10:00 Veterans Social 11:30 Meal Site 1:00 Poker 2:00 S.A.I.L.	20 9:00 Projects for Purpose 10:00 Senior Fitness 10:00 Stow Cemetery Information 11:15 Stretch & Flex 1:00 Chess	21 9:00 Isles of Shoals Cruise 9:30 Zumba Gold 11:30 Meal Site 1:00 Billiards/Pool	22 8:50 Yoga (virtual only) 10:00 Senior Fitness 11:15 Stretch & Flex 1:00 Mahjong
25 8:50 Qi Gong 9:30 Open Art 10:00 Senior Fitness 10:15 Woodman's of Essex Lunch Bunch 10:30 SHINE 11:15 Stretch & Flex	26 9:00 Quilting 11:30 Meal Site 1:00 Poker 2:00 S.A.I.L.	27 9:00 Projects for Purpose 10:00 Senior Fitness 11:15 Stretch & Flex 1:00 Chess	28 9:30 Zumba Gold 11:30 Meal Site 1:00 Billiards/Pool 1:00 Monthly Movie	29 8:50 Yoga (virtual only) 10:00 Senior Fitness 11:15 Stretch & Flex 1:00 Mahjong

COA FREE FOOD PROGRAM FOR STOW RESIDENTS

Residents must call the COA at (978) 897-1880 between **9-10 am** Monday through Friday to schedule same day appointments between **10:10 – 11 am**. No appointments necessary from **11 am-3:30 pm**. Don't come late on Fridays as all perishables are packed up and given away by 3 pm. Note: The COA Food Program will be closed the morning of Friday, July 22, opening at 12 Noon.

NEED HELP? THE STOW FOOD PANTRY IS HERE FOR YOU! NOW IN-PERSON

The Stow Food Pantry is holding their next Food pantries on Saturday, July 9, Sunday, July 10, and Friday July 22 from 9 am – 12 pm, by appointment only. The Stow Food Pantry will continue to work very hard during this time of uncertainty to serve any in need of services. They will keep our community safe by following CDC guidelines for COVID-19. No referrals required. No financial questions asked. If you are unable to make it to the Pantry, please contact them and they can probably work something out. If you need help, please call 978-897-4230 or email: stowfoodp@gmail.com.

ACTON FOOD PANTRY

The Acton Food Pantry serves Stow and is open 3 weeks/month. They are located at 235 Summer Road, #205, Boxborough, Phone: (978) 635-9295.

OPEN TABLE, Maynard

Need food assistance? Open Table in Maynard offers drive-thru pantry service. To find out more about its current services, visit www.opentable.org or call (978) 369-2275.

RECIPE OF THE MONTH**Parmesan Tomato Zucchini Bake****Ingredients:**

2 medium zucchini, sliced
5 medium tomatoes, sliced
½ teaspoon pepper
¾ teaspoon onion powder

2 medium yellow squash, sliced
½ cup parmesan cheese, shredded
¾ teaspoon garlic powder
½ teaspoon Italian seasoning (or mixture of basil and oregano)

Instructions:

Preheat oven to 375 degrees.

In baking dish arrange zucchini, yellow squash, and tomatoes in an alternating pattern (layer zucchini, yellow squash, tomato slices-repeat).

Top with cheese and spices. Bake for 25-30 minutes until squash is soft.

Makes 6 servings

MINUTEMAN SENIOR SERVICES MEAL SITE MENU

The Silver Spoon - Stow's Eating Together Luncheon Site

Meal Site is now open for sit down meals! Come join your neighbors for lunch and socialization on Tuesdays and Thursdays at 11:30 a.m. at the COA. Please call 781-221-7048 to order your meal. Your order must be made by 12 pm on Thursday for Tuesday's lunch and 12 pm on Tuesday for Thursday's lunch. The suggested donation is \$2 for a complete meal. Call the COA by noon the day before if you require transportation to/from the meal site. (There is no charge.)

Please note: the deadline to order the special meal being served on July 5th is June 30th.

MEALS ON WHEELS

Are you unable to drive & cook or had a recent health set-back? You may be eligible for home-delivered meals. Call Minuteman Senior Services (888-222-6171) to set it up.

Tuesday menu

July 5 Special Meal

Chicken Sausage (pork casing),
Pepper, & Cheese Grinder
Red Bliss Potatoes, Grinder Roll
and Dessert of the Day

July 12

Grilled Chicken Breast with
Marsala Sauce
Bread Stuffing, Broccoli
Pumpkin Bread and
Dessert of the Day

July 19

Potato Pollock with Tartar
Sauce, Yukon Gold Potato
Green Beans, Multigrain Bread
and Dessert of the Day

July 26

Breaded Chicken Breast with
Tomato Basil Sauce and
Mozzarella, Cavatappi Pasta
Brussels Sprouts
Whole Wheat Dinner Roll and
Dessert of the Day

Thursday menu

July 7

Chicken with Balsamic Glaze
Quinoa with Roasted Veggies
Glazed Carrots
Wheat Bread and Dessert of the Day

July 14

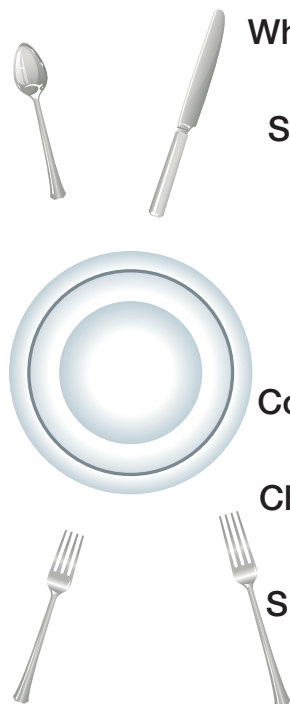
Sliced Roast Turkey with Tarragon
Gravy, Whipped Sweet Potato
Peas, Rye Bread and
Dessert of the Day

July 21

Beef Stew
Brussels Sprouts
Corn Muffin and Dessert of the Day

July 28

Cheese Omelet with Cheese Sauce
Chicken Sausage Patty
Seasoned Home Fries
Spinach, Whole Wheat Dinner Roll
and Dessert of the Day



STOW POLICE NEWS - THIS MONTH'S SCAM ALERT- Let's go Phishing

From Stow Police Sgt. Cassie Scott

Phishing is a technique that scammers use to trick you into giving them your personal information. They will often use email or text messages to try to steal passwords, account numbers, or Social Security numbers. If they get that information, they could gain access to your email, bank, or other accounts.

Things to remember:

- Phishing emails and text messages may look like they are from a company you know or trust. They may look like they are from a bank, credit card company, a social networking site, an online payment website or an online store.
- Phishing emails and text messages often tell a story to trick you into clicking on a link or opening an attachment –
 - Say they've noticed some suspicious activity or log-in attempts
 - Claim there's a problem with your account or payment information
 - Say you must confirm some personal information
 - Include a fake invoice
 - Want you to click on a link to make a payment
 - Say you're eligible to register for a refund
 - Offer a coupon for free stuff

What to do if you suspect a phishing scam:

- If you get an email or text message that asks you to click on a link or open an attachment, answer this question: Do I have an account with the company or know the person that contacted me?
 - If the answer is "no", it could be a phishing scam. Do not click on any links or open attachments - delete the message.
 - If the answer is "yes", contact the company using a phone number or website you know is real. Do not click on the information in the email or attachment – these can install harmful malware to your device if it is a scam.

Report phishing scams to the Federal Trade Commission at [ReportFraud.ftc.gov](https://www.ftc.gov/report-fraud)
If you believe you've been a victim of a scam, call the Stow Police Department.

RANDALL LIBRARY NEWS

Randall Library will be open the months of July and August Tuesdays, Wednesdays, and Thursdays 9am-8pm and Fridays 9am-2pm.

Join us for the following events:

- Tuesday, July 12 at 6pm, Representative Kate Hogan office hours
- Wednesday, July 13 at 7pm The Landscape as Canvas: Earth Art, including the works of Robert Smithson and Andy Goldsworthy via Zoom co-hosted with the Maynard Library
- Wednesday, July 20 at 7pm, Sustainable Stow via Zoom
- Thursday, July 21 at 5:30pm the Whale mobile visits Randall for a summer reading visit
- Wednesday, July 27 at 7pm, author Emma Bamford will discuss her book, Deep Water, 7pm via Zoom

Contact the Library for more information at randalllibrary@gmail.com or 978-897-8572

STOW FIRE DEPARTMENT:

If the delivery driver can't find you, how can emergency responders?

Seconds count in an emergency. Responders need to be able to easily find your house.



- Protect your family and your property by having large visible house numbers.
- Firefighters, police officers, and paramedics find you faster when your home is properly marked.
- A visitor, child or injured person may be unable to give clear directions.
- Emergency personnel from a neighboring community may be unfamiliar with your area.

What style of house numbers are best to help responders?

- Numbers need to be at least 4-inches in height and facing the street.
- Put the numbers under lighting, and use numbers with a contrasting background, so they will be visible at night.
- Be sure to use the E-911 address for the property.
- If your driveway is long, post your house number on both sides of a mailbox or sign pole at the end of the driveway near the road.
- Be sure to keep numbers visible by trimming trees and bushes

Did you know Massachusetts General Laws C. 148, S. 59. specifies that every building in the state must have clearly visible address numbers posted.

Don't forget! The Stow Fire Department has residential Knox boxes and file of life cards FREE OF CHARGE to ALL Stow Residents! Contact S.A.F.E. Coordinator (L5fire@stow-ma.gov) for information and to set up a time for a crew to come by!

AREA FARMERS MARKETS

Hudson: Tuesdays 3:30 pm - 6:30 pm, Town Hall, 78 Main Street, Hudson

Maynard: Saturdays 9 am to 1 pm, rain or shine, at the Mill & Main parking lot, Maynard

Acton-Boxborough: Sundays, 10-1, 19 Elm Street, Acton

LOCAL 4TH OF JULY FIREWORKS SCHEDULE

Harvard: Fireworks at Fruitlands – Monday, July 4, 2022

The Town of Harvard fireworks display will take place at Fruitlands Museum. The gates open at 5 pm, 102 Prospect Hill Road, Harvard.

FIRST PARISH CHURCH SUNDAY SERVICES – 10 AM

Lay-led summer services are underway at First Parish Church of Stow & Acton (FPC). This summer, they take place from June 19 to Sept. 4. Services will continue to take place both in person and online. FPC warmly welcomes gay, lesbian, bisexual, and transgender people. For more information, call 978-897-8149 or visit fpc-stow-acton.org.



Memorial Day 2022

Following are remarks that State Representative Kate Hogan delivered on Memorial Day 2022 at Stow's Memorial Day ceremony.

Thank you to Colonel Munroe and members of the Stow Veterans Grave Committee, Stow Fire Dept. & Color Guard, elected officials and honored guests. And to all the Veterans here today, our Commonwealth and a grateful nation thank you for your service and your sacrifice.

Every year, on Memorial Day, America pays homage to all those, in the armed forces, who fought and died to protect our freedom. These are our

Heroes who didn't make it home.

On Memorial Day we also remember that these heroes and sheroes were fathers, husbands, mothers, wives, sons, daughters, brothers and sisters who answered a call to serve and defend their country.

And we remember those Gold Star families whose sacrifice is almost too much to bear.

These heroes and their families show us the true meaning of character, integrity, and courage. These brave men and women embody the best of our people since the fight for independence began. But, we must always remember, they were, each, cherished loved ones.

And our fallen heroes and their families remain our responsibility as an American Family. If we love our country, we must love and honor our heroes - and care for their families.

And, it is Memorial Day that highlights our responsibility to our nation in sending our young men and women off to fight and die, often far from home.

As American citizens, do we value character and integrity above all else; are we a people with the courage to reach across our differences to fix what is broken and build what is needed for a better tomorrow?

Let us take a moment to recognize that while there are issues that have created the illusion of division, the truth is, Americans share the common dream of living our lives in freedom and liberty - all made possible through the last measure of devotion of our fallen heroes in the armed forces.

They are the soul of our nation. And, yes, it is what they teach us about character, integrity, and courage that we are grateful for today. This is what we remember and will never forget.

God Bless our fallen heroes. God Bless Stow and our Commonwealth. God Bless America that has given us such heroes as these.

Contact Rep. Hogan:

State Representative Kate Hogan proudly represents the Third Middlesex District, which includes the towns of Bolton, Hudson, Maynard, and Stow.

Phone: (617) 722-2600

Email: Kate.Hogan@MAhouse.gov

Facebook: [facebook.com/RepKateHogan](https://www.facebook.com/RepKateHogan)

Twitter: [@repkatehogan](https://twitter.com/repkatehogan)

District Office: Maynard Town Hall, 195 Main Street, Maynard, MA 01754 / Phone: (978) 897-1333

Stow Holly Day 2022 Mitten Tree Project (Sat. Nov. 5th).

Make **ONE** pair of handmade mittens. Any size appreciated. Please leave mittens with our receptionist at the Stow COA and label them with the following information: Susan Rondeau/Mitten Tree Donation. Please visit our website to see how you can participate in this project. <https://stowfriendsofthecoa.com/holiday-fair-2/>.

Thank You - We would like to thank those of you who have begun dropping off your completed mittens. The designs and colors you have chosen are amazing. Great job everyone!

SAVE THE DATES!! SFCOA 2022 UPCOMING FUNDRAISERS

Saturday, November 5th - **Stow Holly Day Sale & Bake Sale & Mitten Tree Project**

Saturday, December 3rd - **Second Chance Holiday Decoration Sale** (All donations for 2022 have been sorted and no more donations are being accepted until January 2023. Thank You!)

REQUESTED DONATIONS FOR GIFT SHOP AND CREATIVITY CLASSES:

New Yarn would be really appreciated, Safety Pins, Narrow Lace Trims. Handmade Gifts & Collectibles: Anna Lee Dolls, Pottery Shed (Dedham Pottery) items, Longaberger Baskets, Goebel Figurines and Hummels. **NOTE:** Please contact Susan Rondeau first before dropping (craft/gift shop) donations off at the COA. We want to make sure that the items you would like to share can be put to good use. (978)-897-5338 or countrypickns@yahoo.com.

Fabric Needed. Projects For A Purpose of Stow COA are looking for 100% cotton fabric to make pillowcases for Dream Day overnight camp for children with serious illnesses. Our 8-week goal is to make 60 pillowcases to send to Brewster where the camp is located. Kid and teen prints, beach and sea themes, camp, Boston sports, solid colors, polka dots and stripes. 1/2 and full yardage needed. Fabric can be dropped off at Stow COA. Please mark bag: P4P Group/Attention Rita French.

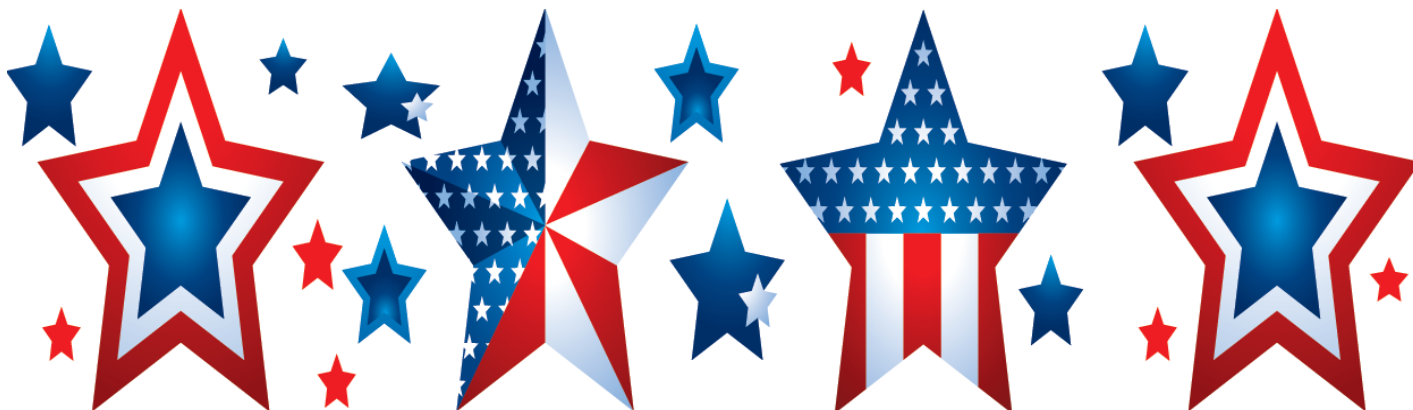
GIFT SHOP INFORMATION

NEW in the Gift Shop: Stow Blankets with Sheep, Hand Applique Pins, Hanging Dish Towels with Crochet Tops, and Infant Sweater Sets.

Continue to page 16 for our location, hours, and updated inventory list of items. Shopping local is convenient, and you support Stow Friends of the Council on Aging at the same time. The senior community in Stow benefits from all sales. Thank You!

AUGUST NEWSLETTER**DEADLINE TO SUBMIT: WEDNESDAY, JULY 13TH BY 3 PM**

This newsletter is made possible in conjunction with the COA staff and their volunteers, SFCOA and Advertisers of this newsletter.



DONATIONS RECEIVED:

General: Julie Barlas, Ruth Delmonico and Karen Smith.

In Memory of Serge Bernard: Nancy Bernard

In Memory of Penny Garsik: Lauren & Jacob Rahmeier

In Memory of Josephine Langley: Richard & Jean Demilia, Laura Orsatti, Mark & Kathy Flinkstrom

Thank you for your continued support!

COA GIFT SHOP

509 Great Rd., Stow, MA

Monday – Friday 8 am - 3:00 pm

Questions? Call: Susan Rondeau

(978) 897-5338 or

email: countrypickns@yahoo.com

GIFT SHOP PAYMENT OPTIONS:

Cash Or Checks Made Out To “SFCOA”

Visit our Facebook Page and/or

WEBSITE click on the Gift Shop Tab

CHECK OUT OUR GIFT SHOP

Handmade gifts created by volunteers, Infant/Toddler Sweaters, Appliqué Pins, Baby Quilts & Crochet Blankets, Crochet Animals, Stow Blankets, Stow Coasters, Stow Cards and more. Collectibles: Hummels, Pottery Shed (Dedham Pottery) and Longaberger Baskets

NOTE: Photos of Stow Blankets can be viewed on our website.

BOOKS AT THE GIFT SHOP!**PAST TENSE – VOLUME 1 & 2**

More stories about Stow's History – Gathered by Lewis Halprin and generously donated to the COA. Cost: \$10. (All proceeds go to the SFCOA).

“CELEBRATING STOW'S WOMEN,**IN 1920 AND THE 19TH AMENDMENT”**

Written by: Marilyn Taylor Zavorski, President of the Stow Historical society. This is their stories, which were not recorded in Stow's Town History.

This limited-edition color printed book is available for purchase in the COA Gift Shop. Cost: \$20. (All proceeds go to Stow Historical Society).

Facebook: Stow Friends of the Council on Aging

Website: <https://stowfriendsofthecoa.com>

SFCOA BOARD MEMBERS

Rita DiStefano-French, <i>President</i>	Grace DeMore
Louise Peacock, <i>Vice President</i>	Leslie Mileski
Werner Fritz, <i>Treasurer</i>	John Peacock
Robin Ulichney, <i>Clerk</i>	
Kirsten Berg-Sonne	

SHOPPING ONLINE?**SHOP ON AMAZON SMILE!****HELP RAISE MONEY FOR****STOW FRIENDS OF THE COA!**

GO TO: <https://smile.amazon.com>

STOW FRIENDS OF THE COUNCIL ON AGING

Would you like to support the Stow Council on Aging? Now is your chance.

NAME: _____ DATE: _____

ADDRESS: _____

☐ \$10 ☐ \$20 ☐ \$25 Other Amount: _____

☐ General ☐ In Memory Of _____ ☐ Other

**PLEASE MAKE CHECKS PAYABLE TO: SFCOA
MAIL TO: P.O. BOX 97, STOW, MA 01775
THANK YOU FOR YOUR SUPPORT**